











Table Of Contents

Introductory Pages		Page #	
Introduction		ii	
What You Have		ii	
How to Use It		iv	
Inclusive Strategies		v	
What You Need		vii	
ASAPs		Page #	Integration
Rally-a-Round		1	
At Your Service		3	
Smashing Success		5	
Assessment		Page #	Integration
Badminton Personal Best Students self-assess badminton skills and develop personal goals.		7	
Preseason: Cooperatives		Page #	Integration
Fun-day-mentals Jigsaw Students learn and teach each other badminton fundamentals.		9	
Badminton Adventure Race Teammates cooperate and use badminton skills and knowledge to complete a series of badminton-based challenges.		11	
Preseason: Skill Builders		Page #	Integration
Serves & Clears Students practice serving and clearing skills with a partner.		13	
Drop & Smash Students practice the Drop and Smash shots with a partner		15	
Drive Students practice the Drive shot with a partner.		17	
In-season: Game Days		Page #	Integration
Rally & Recover (Singles Success/Try Again) Practice and game play focused on hitting clears to open space and using a base position.		19	



Home



Wellness







Global



Sports Literacy

Table Of Contents CONTINUED

Win the Point (Singles Royal Court) Practice and game play focused on using offensive shots to force an opponent to use defensive shots.	21	
Picking Sides (Doubles Success/Try Again) Practice and game play focused on side-to-side doubles play formation.	23	
I Got Your Back (Doubles Royal Court) Practice and game play focused on front-to-back doubles play formation	25	
Post Season: Culminating Event	Page #	Grouping & Integration
SPARK Event: Uber 'Bad' Cup (Singles and Doubles Round Robin) A culminating experience that brings the unit to an authentic and festive finish. Two activity options are provided.	27	

Introduction

The SPARK Badminton Unit provides opportunities for students to demonstrate skills learned in previous paddles and racquets units while participating in authentic performance experiences. Badminton has been an Olympic sport since 1992 and requires good aerobic capacity, agility, strength, and speed. Badminton is played recreationally world-wide and offers ample opportunity to develop fitness while displaying cooperation and personal responsibility.

Activities in this unit are designed to utilize small groups, few rules, and meaningful practice to maximize student engagement, equitable play, skill development, and enjoyment. Use Game Reset suggestions to make games and activities less (“Rewind”) or more (“Fast Forward”) challenging to promote learning. Ultimately, the focus is on successful participation, skill, tactical, and knowledge application – all while developing health-related fitness.

What You Have

SPARK Manual:

- **ASAPs**
 - Use this unit’s ASAPs, following the fitness-specific ASAP, for a badminton-specific warm-up prior to activity. This routine should be followed each day before and during roll-taking.
- **Lessons**
 - This unit is organized like a season.
 - A *Personal Best* assessment activity is provided to help students and teachers benchmark student skill levels and goal-set for personal improvement. As an option, use *Personal Best Assessments* to create learning teams for Long-Term Grouping throughout the unit.
 - The *Preseason* has 2 activity format options. Option 1 includes a *Fun-day-mentals Jigsaw* experience designed to review and refine the skills needed for successful participation.
 - The *Fun-day-mentals Jigsaw* and *Adventure Race* serve to promote team cohesion and foster personal responsibility.
 - The *Adventure Race* allows learning teams to work together to complete highly active badminton-specific challenges.